



# A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace, and Healing

By Max Strom

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## **A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace, and Healing** By Max Strom

We can do more with this life. We all know it, we all wish for it, but just how to do it--that eludes us. In his new book, *A Life Worth Breathing*, internationally renowned spiritual philosopher and teacher Max Strom shows us the way. His groundbreaking book reaches past dogma in a language that is vital, inspired, and accessible. Strom leads us on a journey of self-discovery as we excavate our past in order to have a better understanding of our present. According to Max Strom, "We live in fear of terrorism but in actuality the most devastating terrorism comes from within us as we sabotage ourselves." With practical techniques, *A Life Worth Breathing* offers us a path to transformation with visionary insights on forgiveness, gratitude and self-empowerment. The teachings are rooted in Yoga, Sufism and Eastern philosophy, but make no mistake, this is not a yoga book of postures, it is a guidebook for living. *A Life Worth Breathing* teaches us that by healing our past emotional wounds, silencing the inner critic that cripples us, and cultivating a yoga and breathing practice, we can elevate ourselves from the mindset of a reactionary victim to an authentic life of meaning, health, and joy. A life worth living, a life worth breathing.

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## **A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace, and Healing By Max Strom Bibliography**

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### Editorial Review

#### Review

I love the energy and flow of Max Strom's yoga classes . . . but perhaps above all, I respect his quiet strength and deep humility.--Ali McGraw

#### From the Back Cover

"Max Strom's book is so powerful and straight forward, it reminds me of life's priorities. Max encourages and explicates what is sacred (and occasionally tangible) about life and fully owning our experience of it. I can't wait to read it again."

--Diane Lane

"A beautifully written, all-inclusive guidebook to the soul. Max provides both inspirational insights and practical skills to help navigate our spiritual journey. Highly recommended, thoroughly enjoyed."

--Seane Corn, author of the *Vinyasa Flow Yoga, the Body and Beyond DVD*.

"A vast treasury of practical wisdom techniques and insights to help accelerate and inspire your personal evolution and contentment connection. I couldn't put it down!"

--Lilias Folan, *PBS host and author of Lilias! Yoga Gets Better with Age*

"Wonderfully written, thoughtful, thorough and convincing."

--Paul Grilley, teacher and author of *Yin Yoga*

"This book inspired me. Well done, Max!"

--Erich Schiffmann, author of *Yoga: The Spirit and Practice of Moving Into Stillness*

#### About the Author

**Teacher, speaker, and author Max Strom is known for inspiring and impacting the lives of his students and readers, and has become a new voice of personal transformation. Due to an ever-increasing demand for his teachings, Mr. Strom travels extensively teaching and lecturing on transformation, spirituality, and yoga. His system guides us to live "the daily experience of a meaningful life." It includes a philosophy for living, self-enquiry, breath-work, yoga postures, and meditation. He has taught tens of thousands of students and trained several hundred teachers across the world. You can see more of his work on his DVDs , *Learn to Breathe, To Heal Yourself and Your Relationships* and *Max Strom Yoga--Strength, Grace, Healing*.**

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person. Yes, it is correct. Because start from on pre-school until university need this A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace, and Healing to read.

**Mark Fetter:**

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their friends. Usually they performing activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Could possibly be reading a book might be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the book untitled A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace, and Healing can be excellent book to read. May be it could be best activity to you.

**John Ferguson:**

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**John Newton:**

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